

Hula Hoop Passing

Equipment: Two coloured hula hoops.
(Brightwater office)

Objective: To swap positions of the hula hoops by passing them around the circle without breaking grip

facilitators act as start and finishing point

Approximate Time: 5 minutes with 15 students

Challenge:

1. Each team stands in a circle holding hands.
2. Place one hula-hoop on your left arm and the other on your right. The hoops are placed so that 2 people are holding hands through the hoop.
3. The goal is to move one hoop clockwise and the other hoop counter clockwise until the hula hoops are in the opposite place as to where they started without breaking any grip.

Giant's Ring

Equipment: 12 foot plastic pipe; plastic ring

Approximate Time: 20 minutes or so

Challenge: Put the ring on the ground and the 12 foot plastic pipe in the centre. The pipe cannot be tipped or lifted and the ring cannot be thrown.

Safety: Ensure students are well spotted if they elect to climb

Toxic Swamp (inside or outside)

Materials: two-coloured tarp

Scenario: Your group is standing on a peat bog that is floating in the middle of a toxic swamp. In order to survive, your group needs to remain standing on the floating peat moss while you flip the moss (tarp) completely to the other colour --- if you start on white, you flip to grey.

Gi - Ha through the Forest

Equipment: blindfolds for everyone (tensor bandages); 4 pylons, logs.

Set Up: Set up 'forest' boundaries with four pylons (rectangle about 10 metres by 5 metres). Place logs (or other obstacles if inside) on ground in a wild array within pylon boundaries.

Objective: Get as many of people as possible to the safe area by crossing through a maze of trees without touching the trees.

Facilitator acts as referee

Challenge:

1. The trees give off special light so people walking through need protection of the blindfold. The trees don't like to be touched and will give off powerful light and odours if touched.
2. Anyone in the forest without a blindfold is blinded permanently.
3. There may never be more than 6 people in the starting area.
4. Any contact with the tree may cause permanent blindness and stench!
5. The facilitator is the judge as to the contact with the tree.
6. Once the first set of people are through the forest, the rest of the group can proceed through the forest.
7. Modification: Partner (who wears special glasses) may act as guide to person walking through the 'forest' by calling Gi (turn right), Ha (turn left), whoa (stop) – these are the calls if a person is mushing with sled dogs so you could students could hold a rope, with lead dog blindfolded at front and the musher could call gi/ ha/ whoa throughout the course. NB- this is more difficult then it sounds!

Passing the Buck

Equipment: PVC pipe; marble

Challenge: To pass the marble around the entire group

1. Each group member takes a piece of pipe and stands in a circle.
2. One group member starts rolling the marble.
3. The task is complete when the marble has made its way around the entire circle.
4. If the marble is dropped, the marble starts back at the beginning.

Waste Disposal

Scenario: A toxic substance needs to be disposed of. The substance is leaking out of its container and has currently poisoned a circular area around it which is continuing to grow.

Materials: Ropes and plastic tubing

Challenge: To retrieve and move the toxic waste without tipping it.

facilitators monitor/referee

Rules:

1. Setup the 40 foot rope into a continuous circle with the pail half full of water in the center.
2. Dragging the pail is not permitted, the waste must be lifted to be successfully disposed.
3. The ropes and the tubing given may not be cut.
4. No one may contact the ground inside the roped off circle. If anyone does, everything is put back to the way it was at the beginning and the group starts over.
5. If any of the water is spilled, everything is put back the way it was at the beginning and the group starts over.
6. The group can tie as many knots into the rope as they want

All Aboard

Challenge: To get everyone onto a small support.

facilitators act as judge/timer

Material: Four wooden platforms (2x4s with plywood on top). If using platforms inside halls, please protect the floor by placing the platforms on carpet pieces available from project leader. Thank you).

Rules:

1. Start with all four platforms.
2. The platforms must be connected to another platform edge to edge.
3. The group must be able to sustain having everyone on the platform for a minimum of 10 seconds in order to be rescued by the coastguard.
4. When the group has successfully held the entire group on the platforms for 10 s, one platform is removed and the challenge is restarted. Continue to see if everyone can balance only on one platform for 10 seconds.

Fire!

Challenge: The group must light the fire however they choose, knowing they will only receive one match and that the fire must burn for a minimum of 3 minutes. The group may not use other matches, lighters, or any kind of artificial fuel. Fuel is only supplied tender and kindling (not from woods).

Location: Only place is the campfire area in the fire pit or in the campfire area on Bill Mason metal stove bases

Equipment: One match; available fuel provided by leader (not from woods please) *facilitator times from when the match is set to the fire*

Moving Water (developed by Chris Clark platform made by Walter Murray staff fall 2008)

Challenge: Find a way to move the water to another location without losing a drop. If the water is spilled, return to starting point and recommence (with a different plan perhaps).

Materials: wooden octagonal platform with ropes attached; container with water; boundary markers

Stepping Stones

Challenge: The entire group needs to move across the 'creek' staying the blue stepping stones without getting feet wet.

Materials: pylons, stepping stones (use carpets if indoors – limit of one person per mat at a time or blue wooden squares if outside)

Set Up: Set up pylons to mark the banks of each side of the creek - a creek about 20 metres wide. The stepping stones can be moved by the group.

Yurt Circle

Challenge: build trust in the group by holding onto the rope and leaning back, without falling. Gradually add more players as success is experienced until the entire group is included.

Location: Inside or Outside in areas where falls are ok...

Materials: Long thick rope – tug of war rope in storage (SA land).

Stand Up (Team building activity - mentored by Wayne Dyck)

Challenge: Try to stand up back to back or face to face, first in groups of two, then three, then the entire group.

Materials: None

Location: inside or outside

Blind Trust Obstacle Course

Location: Start at yellow ribbon in chokecherries on east side of Maple Creek cabin. Trail follows around in bush and ends at manhole covers near wood pile.

Material: Blindfolds for ½ the group.

FACILITATORS: *** Scout the trail for safety before starting the game.

This activity must be built up as a serious trust exercise with respect, care and calm. Practice trust walks are recommended to encourage a supportive community and the ability to risk safely before doing this activity. How to guide someone, how to pay attention to fears and how to listen are important to building trust. It is a good idea to play hug a tree first to build up trust. Facilitator monitors leadership and helps to ensure safety and trust. Ask the question: What is necessary for building trust with people?

Scenario: Part of your group has entirely lost the sense of sight. You need to hang on to the cord to guide you up, down, over and under obstacles. Start next walker after first one passes south end of house. Walk around to survey the group for safety. Debrief this activity considering feelings, what was learned, metaphors for life, how the guide helped out, challenges faced. Switch roles. Debriefing Questions: What fears did you face? How did you resolve them? What did you learn about leadership? What is necessary for building trust with people? Just doing this activity without debriefing loses the impact of the experience. Good time to do some journaling afterwards.

Group Run (team building activity)

original idea written by Chris Clark with added challenge mentored by Wayne Dyck.

Challenge: ‘The whole group has been taken prisoner by cruel aliens. The entire group has been tied in a bunch together by one long rope and can only walk or run as one group. In order to escape, all of you will need to run a specific distance to a point and then come back.

Added challenge: Find out the name of each person in the group and one interesting thing that can be shared. Each person in the group must remember each other’s name and interesting idea shared. Once the rope is off, one person will report each person’s name and interesting story. If three groups do this in a day, at the end of the day, that is the closing activity – for one person in each group to introduce their group to everyone else.

Initiative Task Kit Materials

where to find it and where to set up

Credits: Some activities are from Chris Clark, others from various other resources. Check out Brightwater website for more ideas.

New activities (fall 2008) are in bold

(Escape from the Desert*/Arctic* cross referenced here but material already set up in on Salvation Army land south of Sully Field along xc ski trail)

<u>Initiative Task</u>	<u>Materials needed and location of stuff</u>	<u>Where to set up:</u>
Blind Trust Walk	Blindfolds in office	trail already set up behind Maple Creek cabin
Switching Places (aka Escape from the Geyser*)	Blindfolds in office	Log in campfire area and 'Escape from the Desert' #4
Blind Trust Obstacle Course	Blindfolds in office	Already set up by Maple Creek cabin - orange twine
All Aboard	Four wooden bases in storage	Anywhere flat outside
Hoop Pass (Pass the Sunscreen*)	Two different coloured hula hoops	Anywhere and 'Escape from the Desert' #1
Stepping Stones (Mirage Oasis*)	'stones' in kit or carpets if inside (protect floors)	Somewhere flat and Escape from the Desert* #3
Moving Water	Platform/ropes and water bottle in kit	Somewhere open
Fire - should be a quiz after survival program	Need to cut kindling and set up tinder, matches	Campfire pit only
Yurt Circle	Tug of war rope in storage	Open area
Giant's Ring	Plastic Pipe and tire in storage	Open area
Spider's Web*	(In south prairie Aspen bluff)	Escape from the Desert'* #5
Gi-Ha through the forest (blindfold through the clearcut*)	Pylons, logs by campfire area; (in south prairie)	Escape from the Desert'* #6
(Blind Emergency Signal*)	Rope in Escape from the Desert' kit	Escape from the Desert' *#7 but marker is gone ...archery range
Toxic Swamp	White/grey tarp in kit	Open place

Please ensure used blindfolds end up in the laundry bin for washing for next group.

All new, mobile initiative tasks need to be cleaned up and replaced in the initiative task kit after use.